



14785 Preston Road, Suite 550 | Dallas, Texas 75254  
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## Notice of Independent Review Decision

**DATE OF REVIEW:** 7/10/2012

**IRO CASE #**

**DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE:**

Lidoderm 5% Patch Lumbar Spine.

**A DESCRIPTION OF THE QUALIFICATIONS FOR EACH PHYSICIAN OR OTHER HEALTH CARE PROVIDER WHO REVIEWED THE DECISION**

D.O. Board Certified in Anesthesiology and Pain Management.

**REVIEW OUTCOME**

Upon independent review the reviewer finds that the previous adverse determination/adverse determinations should be:

- ☐ Upheld (Agree)  
☒ Overturned (Disagree)  
☐ Partially Overturned (Agree in part/Disagree in part)

### **INFORMATION PROVIDED TO THE IRO FOR REVIEW**

Document Type	Date(s) - Month/Day/Year
Texas Department of Insurance Notice of Case Assignment	6/20/2012
Utilization Review Determinations	5/07/2012-5/24/2012
Clinic Formal contest	5/16/2012
Alpha (2) receptors and agonists in pain management. (Article – Source: Department of Anesthesia, Beth Israel Deaconess Medical Center, Boston, Massachusetts)	October 2001
M.D. Letter to the Worker's compensation Division	4/27/2012

### **PATIENT CLINICAL HISTORY [SUMMARY]:**

This is a female who was injured initially on xx/xx/xx. Patient subsequently developed CRPS-2 of the lower extremities, myalgia, myositis, and muscle spasm. Patient is presently on Tizanidine 4mg. tid, Buprenex 0.3 mg. IM qid, and Lidoderm 5% prn.

Patient has been on this regimen for five years, unchanged. Patient reports that the regimen helps and provides a little bit of normalcy in her life, and functions much better with medications. Her pain score without medications is 7-9/10; pain score with medications is 4-5/10.

**ANALYSIS AND EXPLANATION OF THE DECISION INCLUDE CLINICAL BASIS, FINDINGS AND CONCLUSIONS USED TO SUPPORT THE DECISION.**

Lidoderm 5% Patch Lumbar Spine is medically necessary.



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Per ODG references, patient should have a Neuropathic component which the patient has (CRPS-2). Patient has been on Trazadone, which is used as an antidepressant and for insomnia. Trazadone inhibits serotonin re-uptake, antagonizes Alpha-1 adrenergic and serotonin receptors. Patient also tried Gabapentin and Lyrica with no apparent improvement with her pain. Since patient has been stable on her treatment regimen for 5 years without any escalation of her medications and she is using Lidoderm on PRN basis with some success, it is very reasonable to continue her Lidoderm.

**A DESCRIPTION AND THE SOURCE OF THE SCREENING CRITERIA OR OTHER CLINICAL BASIS USED TO MAKE THE DECISION:**

- ☐ ACOEM- AMERICAN COLLEGE OF OCCUPATIONAL & ENVIRONMENTAL MEDICINE UM KNOWLEDGEBASE
- ☐ AHCPR- AGENCY FOR HEALTHCARE RESEARCH & QUALITY GUIDELINES
- ☐ DWC- DIVISION OF WORKERS COMPENSATION POLICIES OR GUIDELINES
- ☐ EUROPEAN GUIDELINES FOR MANAGEMENT OF CHRONIC LOW BACK PAIN
- ☐ INTERQUAL CRITERIA
- ☐ MEDICAL JUDGEMENT, CLINICAL EXPERIENCE AND EXPERTISE IN ACCORDANCE WITH ACCEPTED MEDICAL STANDARDS
- ☐ MERCY CENTER CONSENSUS CONFERENCE GUIDELINES
- ☐ MILLIMAN CARE GUIDELINES
- ☒ ODG- OFFICIAL DISABILITY GUIDELINES & TREATMENT GUIDELINES
- ☐ PRESSLEY REED, THE MEDICAL DISABILITY ADVISOR
- ☐ TEXAS GUIDELINES FOR CHIROPRACTIC QUALITY ASSURANCE & PRACTICE PARAMETERS
- ☐ TEXAS TACADA GUIDELINES
- ☐ TMF SCREENING CRITERIA MANUAL
- ☐ PEER REVIEWED NATIONALLY ACCEPTED MEDICAL LITERATURE (PROVIDE A DESCRIPTION)
- ☐ OTHER EVIDENCE BASED, SCIENTIFICALLY VALID, OUTCOME FOCUSED GUIDELINES